

**ANXIETY OF MEGAN HIPWELL IN PAULA HAWKIN'S NOVEL  
THE GIRL ON THE TRAIN: A PSYCHOANALYTIC PERSPECTIVE**



**Submitted in Partial Fulfillment of the Requirements  
for Getting Bachelor Degree of English Education  
in English Department School of Teacher Training and Education**

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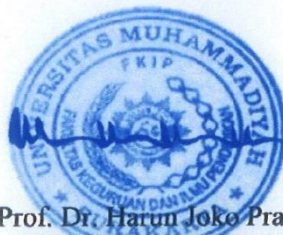
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Surakarta, January 4<sup>th</sup> 2020

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## **ANXIETY OF MEGAN HIPWELL IN PAULA HAWKIN'S NOVEL: THE GIRL ON THE TRAIN: A PSYCHOANALYTIC PERSPECTIVE**

### **Abstrak**

Megan Hipwell adalah salah satu karakter utama dalam novel *The Girl On The Train*. Megan Hipwell digambarkan sebagai seseorang yang traumatis, menunjukkan banyak masalah psikologis berupa kecemasan. Megan menunjukkan kekhawatiran, kepanikan, ketakutan dalam semua situasi kehidupan yang harus dia jalani. Tujuan dari penelitian ini adalah: 1) menganalisis karakteristik Megan Hipwell ditinjau dari perspektif psikoanalitik; 2) untuk menjelaskan kecemasan yang dialami oleh Megan Hipwell yang dijelaskan dalam *The Girl On The Train*. Penulis menerapkan metode penelitian kualitatif dalam melakukan penelitian. Sumber data primer dalam penelitian ini adalah novel "*The Girl On The Train*" karangan Paula Hawkins. Dokumentasi, pustaka, metode browsing, dan teknik pencatatan merupakan metode pengumpulan data. Analisis data menggunakan teknik deskriptif kualitatif tentang pengumpulan data, pengurangan, penyajian, verifikasi dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa: 1) Karakteristik Megan Hipwell dilihat dari perspektif psikoanalitik didominasi oleh id. Id Megan Hipwell bekerja ketika pikirannya hanya memikirkan kesenangan: dia berselingkuh dengan pria lain, dia selalu berusaha untuk berselingkuh dengan terapisnya juga. Semua energi dan keinginan Megan berasal dari id. Ketika Id diaktifkan oleh kebutuhan, Id menuntut agar kebutuhannya harus dipenuhi. Karakter ego Megan Hipwell bekerja ketika idnya ingin mengetahui masalah apa yang terjadi dengan tetangganya, ketika idnya ingin mencium Kamal tetapi dia tidak melakukannya. Superego dari Megan Hipwell berhasil ketika dia memutuskan untuk melakukan hal yang benar dan tidak mengulangi kesalahan untuk bayinya yang baru, menyalahkan dirinya sendiri; dia menyadari bahwa dia bukan istri yang baik untuk Scott; 2) Kecemasan yang dialami Megan Hipwell yang digambarkan dalam novel *The Girl On The Train* adalah: kecemasan realitas, kecemasan neurotik, dan kecemasan moral. Realitas kecemasan oleh Megan Hipwell terkait dengan kecemasan fakta bahwa saudara laki-lakinya Ben adalah kematian, kecemasan fakta kematian bayinya, kecemasan fakta tentang hubungan buruk dengan suaminya Scott, kecemasan fakta bahwa Tom meninggalkannya. Megan mengalami kecemasan neurotik saat menghadapi hal-hal yang berkaitan dengan bayang-bayang bayi, saat merasa kesepian, tidak bisa memenuhi keinginannya dan tidak mendapatkan jalan keluar dari masalah tersebut. Dia menjadi cemas karena dia ingat akan dosanya membunuh bayinya. Megan juga mengalami kecemasan neurotik karena keadaan emosinya sangat tidak terkontrol, terutama saat bertemu psikolog Kamal. Megan mendapatkan kecemasan moral karena kecerobohannya saat merawat bayi dan mengkhianati Scott saat berselingkuh dengan Tom.

**Kata kunci:** kecemasan, pendekatan psikoanalitik, novel *The Girl On The Train*

# **ANXIETY OF MEGAN HIPWELL IN PAULA HAWKIN'S NOVEL: THE GIRL ON THE TRAIN: A PSYCHOANALYTIC PERSPECTIVE**

## **Abstract**

Megan Hipwell is one of the main character of novel *The Girl On The Train*. Megan Hipwell drawn as a traumatic, shows many psychological problems in shape of anxiety. Megan shows worry, panic, fear in all the circumstances of the live she has to undergone. The purposes of the study are: 1) to analyze the characteristics of Megan Hipwell seen from psychoanalytic perspective; 2) to explain the anxiety experienced by Megan Hipwell described in *The Girl On The Train*. The writer applies the qualitative research method in conducting the research. The primary data source of the study is “*The Girl On The Train*” novel writted by Paula Hawkins. Documentation, library, browsing method, and notes taking techniques are method to collect the data. Analysis of the data uses the descriptive qualitative technique about collecting the data, reducing, displaying, than verifying and conclusion. The result of study shows that: 1) The characteristics of Megan Hipwell seen from psychoanalytic perspective is dominantly by id. The id of Megan Hipwell works when her mind only thought about the pleasure: she has an affair with another man, she always tries to having an affair with her therapist too. All energy and desire Megan comes from the id. When Id activated by needs, the Id demands that its needs must be met. The ego character of Megan Hipwell works when her id wanted to know the problems what happens with her neighbor, when her id wanted to kiss Kamal but she did not do that. The superego from Megan Hipwell works when she decided to do the right thing and did not repeat the mistakes for her new baby, blamed herself; she realized that she was not a good wife for Scott; 2) The anxiety experienced by Megan Hipwell described in *The Girl On The Train* novel is: reality anxiety, neurotic anxiety, and moral anxiety. Reality anxiety by Megan Hipwell related with anxiety to the fact that her brother's Ben is death, anxiety to the fact that her baby's death, anxiety to fact about bad relationship with her husband Scott, anxiety to fact that Tom leaved her. Megan experienced the neurotic anxiety when she faces a things related to the shadows of baby, when she feels loneliness, could not get her wish and did not get her way out of the problem. She becomes anxious since she remembers about her sin of killing her baby. Megan also has neurotic anxiety because her emotional state very uncontrolled, especially when meeting his psychologist Kamal. Megan getting moral anxiety because her carelessness when she care the baby and betrayed Scott when have affair with Tom.

**Keywords:** anxiety, psychoanalytic perspective, *The Girl On The Train* novel

## 1. INTRODUCTION

*The Girl On The Train* is a novel that is created by Paula Hawkins. The main characters of the novel are Rachel Watson, Megan Hipwell and Anna Watson. Rachel Watson is portrayed as a protagonist and alcoholic, Megan Hipwell as a traumatic and chaotic figure, while Anna herself is a static and normal figure. In each story, they are displayed as a first-person perspective.

Beginning the story of *The Girl On The Train*, Megan Hipwell does everything that makes her happy without thinking about the consequences. Megan and Scott have been married for three years but Megan is anxious with her marriage. She had a panic attack and called a man on his cell phone, but she won't tell us who it is. That evening, she talks about Kamal—yeah, she's on a first-name basis with her therapist now. Kamal suggested she keep a diary, but she's worried that if she does, Scott, her husband, will find it. He often searches through her things. Eleven days later, it seems that Megan has started having an affair. She tells Scott that she's hanging out with her friend Tara but instead meets a man at a motel (Hawkins, 2015: 40). Megan did not ever tell her story to everyone moreover to Scott. Sometimes she felt like she was betrayed Scott. In her relationship with Scott, he was more controlling husband such as checked email or internet browser history.

Anxiety experiences by Megan can be seen through psychological problems she suffers from the past. The panic attack she experienced is a product of her unpleasant feeling of being left by her brother who died due to motorcycle accident. It causes her getting reality anxiety because she has lost her loved object. To reduce her anxiety about losing her brother, she applies a defense mechanism called suppression. She uses that suppression by running off from her home and her parents. The next psychological problem she experiences is sleepless night. Her sleepless night is a result of her unpleasant feelings of the death of her baby and events that happened after that. She had killed the baby and had been left alone at a house by the father of the baby. That creates neurotic anxiety which still being felt by Megan. Her neurotic anxiety has bothered her so much and she want to forget it.

The anxiety they experience is related to the conflicts that happen in their life. Hence, this research is very important and interesting because this research describes how those conflicts cause the anxiety of the main characters. However, the main point of the discussion is the anxiety experienced by the main character by psychological analysis.

Literary psychology gives the best attention to the problems which relate to fictional character's psyche which includes in literature. Analysis of literary psychology can be done in two ways. First, through the understanding about psychological theories then make an

analysis of the literary work. Second, by determining a literary work first as the object of analysis then determine the theories which relevant (Ratna, 2016:344).

Theory of psychoanalytic according to Sigmund Freud in Newman is mental process of an individual that has three systems, namely is *id*, *ego*, and *superego*. These systems are interacted each other in order to organize human behavior (Newman, 1983: 385). The structure of human personality consist of three important system called *id*, *ego*, and *superego*. This system builds the mental structure of human being. Among the various aspects of the conflict happens in *id*, *ego* and *super-ego* it can led a individual's feeling to the emergence of anxiety (King, 2012: 128). The relevance between this theory and literary work is that this theory can be used to analyze psychology aspect, either the reader and the writer or the actors in the novel.

Reflection of the conflict between the *id* and the *superego* can make a learning about moral values in it can be used as a reference or benchmark when we are faced with a situation similar to that faced by the character, in a situation in which we faced with the fulfillment of our jobs or duty which we hold fast as our responsibility, or breaking them that we must stay away from. One of the events faced by the students' life in educational setting is when a student is faced with the choice between going to the mall to play with his friends or go to college and join the lecture, or when he is faced with the choice to remain in the canteen or immediately go to class to attend the lectures that are the primary responsibility for a student.

Anxiety as a condition where the sufferer becomes worried and complains about something bad that is about to happen. Anxiety has a conscious side like fear, surprised feeling, disability, guilt, and insecurity. Anxiety also has an unconscious and absurd side, like when someone is afraid of something without any reason (Nevid, 2005: 163).

Anxiety will occur when an individual experiences an unconscious conflict or unpleasant situations. It relates to *id*, *ego*, and *superego*. When anxiety occurs, an individual automatically uses a defense mechanism to defend themselves against that anxiety. The same way is attempted by the main characters in *The Girl On The Train*. The anxiety they experience is related to the conflicts that happen in their marriage relationship. The conflicts occur in a marriage are considered as a common issue so it is impossible if there is no conflict in a marriage. Hence, this research is very important and interesting because this research describes how those conflicts and unpleasant feelings cause the anxiety of the main characters. Another reason the writer choose *The Girl On The Train* want to analyze because the readers can be wiser to face their life problems by using some moral values from this novel.



The researcher is interested to analyze the novel because in *The Girl On The Train*, Megan shows many psychological problems in shape of anxiety. Megan shows worry, panic, fear under the circumstances of the life she has to undergone. By looking at the problems found above, The researcher wants to analyze the psychological aspect focusing on the anxiety of Megan Hipwell in *The Girl On The Train* using a psychoanalytic approach. The purposes of the study are: 1) to analyze the characteristics of Megan Hipwell seen from psychoanalytic perspective; 2) to explain the anxiety experienced by Megan Hipwell described in *The Girl On The Train*.

## **2. METHOD**

Research type is descriptive qualitative research, because it does not need statistic data to get the fact. Descriptive qualitative research is a paper study that is the result of the data is a written data. The object of the study is *The Girl On The Train* Novel by Paula Hawkins, published in 2015 by Riverhead Books. The type of data in *The Girl On The Train* novel consists of words, phrases, and sentences. The primary data source of the study is *The Girl On The Train* novel by Paula Hawkins that was published in 2015. In collecting the data, the writer used the documentation, library, browsing method, and notes taking techniques. Analysis of the data uses the descriptive qualitative technique. It starts with collecting the data, reducing, displaying, than verifying and conclusion.

## **3. FINDING AND DISCUSSION**

### **Findings**

#### **3.1 The Characteristics of Megan Hipwell Seen from Psychoanalytic Perspective**

The characteristics of Megan Hipwell seen from psychoanalytic perspective is dominantly by id. Megan only thinks about the pleasure, she has an affair with another man, she always tries to having an affair with her therapist too. All energy and desire Megan comes from the id. When Id activated by needs, the Id demands that its needs must be met. Energy is increased as pain increases and pleasure results when the high energy tension is reduced through need satisfaction. A satisfaction result in an organism tension-discharge and the relase of tension is experienced as pleasure.

Id character of Megan Hipwell works when she teased her therapist and offered a drink but Kamal rejected. She secretly followed to Kamal's home and she tried to seduce him.

When the session ended, I asked if he wanted to have drink with me. He said no, he couldn't, it wouldn't be appropriate. So, I followed him home. He lives in a flat just down the road from the practice. I knocked on his door, and when he opened it, I asked, —Is the appropriate? I slipped my hand around the back of his neck, stood on tiptoe and kissed him on the mouth (TGOTT, 2015: 74).

Id character of Megan Hipwell works when she felt angry and annoyed with Tom. Her id felt ignored and like thrown away.

She only needed text message by Tom but none at all. The screen on my phone is blank. Stubbornly, insolently blank. No text messages, no missed calls. Everytime I look at it, it feels like I've been slapped, and I get angrier and angrier (TGOTT, 2015: 165).

Id character of Megan Hipwell works when Kamal wanted her to stop call and bother him but she did not care for it. She thought that it was normal and she wanted to be with him.

Kamal, I said, my voice catching. I hated the sound of it. Please. This . . . here. It's not appropriate. It's normal, believe me, but . . . I told him then that I wanted to be with him (TGOTT, 2015: 168).

The ego of Megan Hipwell involved logical psychic processes and making human action looks appropriate. The ego character of Megan Hipwell works when her id wanted to know the problems what happens with her neighbor. Her ego thought that it was not polite because of interloping. The ego works when her id wanted to kiss Kamal but she did not do that. The ego includes the ability of making plan, overcome the problem, and creating kinds of technique for adapting the environment. The ego inhibits and controls powers of the id and guarantees the fluency of individual interaction to reality of environment.

The superego from Megan Hipwell is the moral control of a personality. Superego has function as bodyguard to not involved in behavior which socially it cannot be received. The superego is sourced from values religion teachings, standard of moral, ethics, culture and parental. Superego character of Megan Hipwell works when she decided to do the right thing and did not repeat the mistakes for her new baby, blamed herself; she realized that she was not a good wife for Scott.

Megan Hipwell character is dominantly by id. In line with stated from Freud that the id took act based on the desire, needs, and pleasure principle. In the id found natural instinct (sexual and aggressive) and desires. The Id becomes the basic composition in forming live of the physic more continuously and nor influenced by control of ego side and reality principle. The id is psychical energy that's moving the ego and superego. The psychical energy in the Id can be increasing because there is stimulus from internal (Muhari, 2004: 7).

### **3.2 The Anxiety Experienced by Megan Hipwell Described in *The Girl On The Train* Novel**

The anxiety experienced by Megan Hipwell described in *The Girl On The Train* novel is: reality anxiety, neurotic anxiety, and moral anxiety. Reality anxiety is a painful emotional experience that results from the perception of danger in the outside world. Perceptions of danger and anxiety stimulation may exist in the sense that a person inherits a tendency to be afraid in the presence of certain environmental objects or conditions or may be obtained during the person's lifetime.

Reality anxiety by Megan Hipwell related with anxiety to the fact that her brother's Ben is death, anxiety to the fact that her baby's death, anxiety to fact about bad relationship with her husband Scott, anxiety to fact that Tom leaved her.

Her wildness seems to have been exacerbated by the death of her brother, Ben, to whom she was very close. He was killed in a motorcycle accident when he was nineteen and she fifteen. She ran away from home three days after his funeral. She was arrested twice—once for theft and once for soliciting. Her relationship with her parents, the Mail informs me, broken down completely. Both her parents died a few years ago, without ever being reconciled with their daughter. (TGOTT, 2015: 50)

Megan becomes a very different person after Ben died. She ran away from home, got arrested twice, thus, broke her relationship with her family. Then, the incident that caused Megan's trauma is the death of her baby because of her carelessness. It becomes a traumatic event experienced by Megan because it presents the possibility of a serious threat to one's loved ones, in this case the death of her baby. Her carelessness that causes her baby died makes her seriously distressed after her brother's death. It is because she feels guilty that she can not really protect her baby.

"... I close my eyes, and it doesn't take me long to get back there, back to the bathroom. It's weird, because I've spent so long trying not to think about it, about those days, those nights, but now I can close my eyes and it's almost instant, like falling a sleep, right into the middle of a dream." (TGOTT, 2015: 165)

The reality anxiety experienced by Megan is the loss of the family she cares about her brother and her baby, bad relationship with her husband Scott, and Tom begins to leave her. Megan lost her brother because of an accident between a truck and the motorcycle driven by her brother. When the accident happen, Megan also rode the motorcycle with her brother, but Megan was still safe from the accident. Megan also lost her baby because of her own carelessness. The conditions of Megan at that time, she could not control herself and she neglected to the baby. Losing them left a deep sense of remorse and traumatic injury that

made Megan feel so guilty over herself because of the tragic events that befell on her baby and her brother. The trauma of the accident she had experienced always haunt her whenever she finds things that are related to the accident.

Neurotic anxiety is defined as concern about an unknown danger. Neurotic anxiety occurs when feelings or fears originate from a person's intuition about certain objects. Neurotic anxiety arises by the perception of danger from instincts. Megan's neurotic anxiety related to the accident with her own baby. That is leaving her the fear and anxiety so very deep.

“ I can still feel it,’ I tell him. ‘At night, I can still feel it. It’s the thing I dread, the thing that keeps me awake: the feeling of being alone in that house. I was so frightened – too frightened to go to sleep. I’d just walk around those dark rooms and I’d hear her crying, I’d smell her skin. I saw things. I thought I was going mad. I thought I was going to die (TGOTT, 2015: 115)

From the result, showed that Megan experienced the neurotic anxiety when she faces a things related to the shadows of baby, when she feels loneliness, could not get her wish and did not get her way out of the problem. She becomes anxious since she remembers about her sin of killing her baby. Megan also has neurotic anxiety because her emotional state very uncontrolled, especially when meeting his psychologist Kamal.

Moral anxiety is the fear of negative self-evaluation from the conscience or superego. Anxiety can be felt as guilt, and those who have a strong superego may feel guilty or anxious when they do it and believe it is wrong. In this case, someone feels worried or afraid of something that comes from a conscience that will produce shame, guilt, or regret. Megan always feels anxious and worried everytime she is asked to care for their baby.

“I can feel butterflies now, I’m starting to get nervous. I’m afraid of bumping into the Watsons, because it’s always awkward when see them; it’s patently obvious that I don’t have a new job, that lied because I didn’t want to carry on working for them.” (TGOTT, 2015: 34)

Megan getting moral anxiety because her carelessness when she care the baby and betrayed Scott when have affair with Tom. In this case, Megan's superego is aware of her id which has urged her doing a thing which is unacceptable. Actually, she is aware that she and Tom cannot do that. However, the influence of her id is stronger than her moral awareness so that she prefers to satisfy her id by keeping her affair with Tom. But, even though her moral awareness cannot prevent her from doing a prohibited thing, it can make her anxious and get moral anxiety.

#### 4. CLOSING

##### Conclusion

The characteristics of Megan Hipwell seen from psychoanalytic perspective is dominantly by id. The id of Megan Hipwell works when her mind only thought about the pleasure: she has an affair with another man, she always tries to having an affair with her therapist too. All energy and desire Megan comes from the id. When Id activated by needs, the Id demands that its needs must be met. The ego character of Megan Hipwell works when her id wanted to know the problems what happens with her neighbor. Her ego thought that it was not polite because of interloping. The ego works when her id wanted to kiss Kamal but she did not do that. The superego from Megan Hipwell is the moral control of a personality. Superego character of Megan Hipwell works when she decided to do the right thing and did not repeat the mistakes for her new baby, blamed herself; she realized that she was not a good wife for Scott.

The anxiety experienced by Megan Hipwell described in *The Girl On The Train* novel is: reality anxiety, neurotic anxiety, and moral anxiety. Reality anxiety by Megan Hipwell related with anxiety to the fact that her brother's Ben is death, anxiety to the fact that her baby's death, anxiety to fact about bad relationship with her husband Scott, anxiety to fact that Tom leaved her. Megan experienced the neurotic anxiety when she faces a things related to the shadows of baby, when she feels loneliness, could not get her wish and did not get her way out of the problem. She becomes anxious since she remembers about her sin of killing her baby. Megan also has neurotic anxiety because her emotional state very uncontrolled, especially when meeting his psychologist Kamal. Megan getting moral anxiety because her carelessness when she care the baby and betrayed Scott when have affair with Tom.

The writer would like to present some suggestions, as follow: This study related to the personality, the id, ego and superego as the aspects of building the personality by Sigmund Freud, for further development of the analysis, it would be better to add the analysis with other theory of personality perspective. The researcher only focuses on the intrinsic element of the novel by psychological aspect. The future research can continued this research by another phenomenon or moral values.

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